







BANANAS... *how to serve them*

**FOR EATING AS A FRESH
FRUIT... BANANAS ARE BEST
WHEN FULLY RIPE**



BANANAS ARE
FULLY RIPE WHEN
FLECKED WITH BROWN

If the bananas you buy in
the store have green tips
like this ...  or are all
yellow like this ... 

let them ripen in a bowl
like this ...  until
they have brown flecks
like this ... 



**DO NOT STORE IN REFRIGERATOR—
COLD TEMPERATURES PREVENT
PROPER RIPENING.**

SUIT THE *Color* TO THE *Use*



TIPPED WITH GREEN?

The banana is partially ripe. The pulp is firm, starchy, slightly tart. Just ready to bake or broil or fry—cooking brings out a different, delicious flavor.

ALL YELLOW?

Now it's ready to eat or cook and can be used as an ingredient in baking.




FLECKED WITH BROWN?

Now it's fully ripe, at its best for eating, infant feeding and as an ingredient in baking. It's sweet, mellow, thoroughly digestible and downright delicious in fruit cups, salads, milk shakes and desserts.





Entrées



RECIPE

1

BAKED BANANAS

Luncheon

Ham and Tomato Sandwich

Baked Bananas with

Orange Sauce

Beverage

6 firm bananas

2 tablespoons melted butter

Salt

Use all-yellow or slightly green-tipped bananas

Peel bananas. Place into a well-buttered baking pan. Brush well with butter and sprinkle with salt. Bake in a moderate oven (375° F.) 15 to 18 minutes, or until bananas are tender . . . easily pierced with a fork. If de-

sired, bake until almost done; then place under broiler heat until tender and browned. Six servings.

• • •
Serve hot as a vegetable or as a dessert with cream or a hot fruit sauce.

And do try these...



BANANAS BAKED WITH MOLASSES: Just before baking, brush bananas with lemon juice. Pour $\frac{3}{4}$ to 1 cup of molasses over bananas. Bake as above. Serve hot as a sweet entrée with beef or ham, or garnish with chopped toasted almonds and serve as a hot dessert. Maple syrup may be substituted.



BANANAS BAKED WITH BROWN SUGAR: Just before baking, sprinkle bananas lightly with brown sugar. Bake as above. Serve hot as a sweet entrée with beef, ham, lamb or chicken.



BANANAS BAKED WITH CRANBERRIES: Just before baking, pour 1 cup of hot cranberry sauce over bananas. Bake as above. Serve hot with beef, chicken or turkey.



BANANAS BAKED WITH ORANGE SAUCE: Just before baking, pour 1 cup of hot Orange Sauce over bananas. Bake as above. Serve hot as a sweet entrée with duck or ham, or as a hot dessert.

FOR VITAMINS, MINERALS, QUICK FOOD ENERGY—EAT BANANAS!



RECIPE

2

BROILED BANANAS

Dinner

Fruit Cup

Ham Steak

Broiled Bananas

Tomatoes

Apple Pie

Beverage

6 firm bananas

2 tablespoons melted butter
Salt

Use all-yellow or slightly green-tipped bananas

Peel bananas. Place on broiler rack or into pan. Brush well with butter and sprinkle with salt. Broil 6 to 10 minutes, or until bananas are brown and

tender . . . easily pierced with a fork.
Six servings.

• • •
Serve very hot as a vegetable.

COOKING GIVES BANANAS A DIFFERENT, DELICIOUS FLAVOR

Dinner

Banana Mixed Grill

Cabbage Salad Hot Muffins

Chocolate Ice Cream

Beverage



4 hamburg steaks, 1 inch thick

4 firm bananas, peeled

2 slices canned pineapple, cut in half

Melted butter

Salt

Use all-yellow or slightly green-tipped bananas

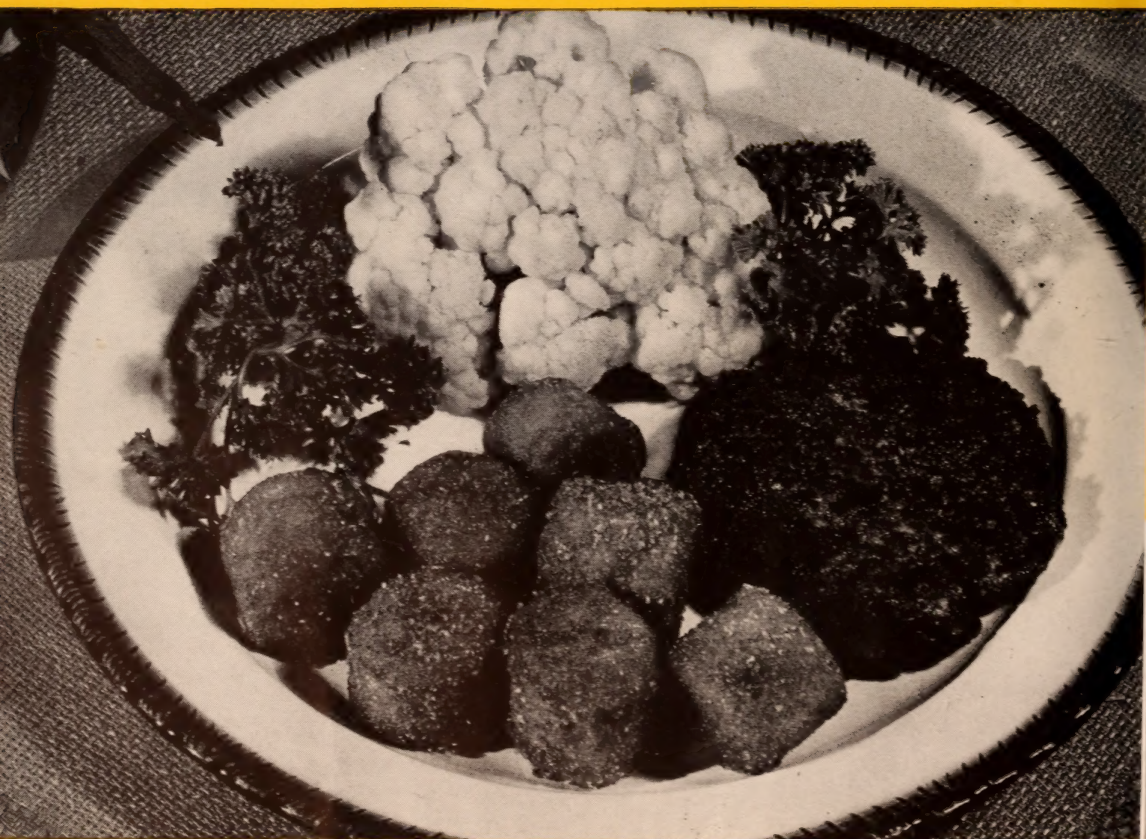
Arrange meat on pre-heated broiler rack. Place about 5 inches below heat. Broil 6 to 8 minutes, or until meat is browned. Turn meat. Brush bananas and pineapple with butter and sprin-

kle bananas with salt. Place fruit on rack with meat. Continue broiling about 8 minutes longer, or until bananas are tender . . . easily pierced with a fork. Four servings.



Orange halves or canned peach halves may be substituted for pineapple in the above recipe. Tomato halves may also be used. They take longer to broil than the fruit and should be put on with the meat.





FRENCH FRIED BANANAS IN A NEW STYLE—BANANA SCALLOPS



RECIPE 4 BANANA SCALLOPS

Dinner

Tomato Juice
Meat Patty Banana Scallops
Cauliflower Lettuce Salad
Orange Sherbet
Crisp Cookies Beverage

Melted fat or oil
1 1/2 teaspoons salt
1 egg, slightly beaten, or
1/4 cup evaporated milk

6 firm bananas
3/4 cup fine corn flake crumbs,
bread or cracker crumbs,
or corn meal

Use all-yellow or slightly green-tipped bananas

For deep-fat frying, have deep kettle 1/2 to 2/3 full of melted fat or oil.

For shallow frying, have 1 inch of melted fat or oil in frying pan.

Heat fat to 375° F., or until a 1-inch cube of bread will brown in about 40 seconds. Add salt to egg or undiluted milk. Peel bananas and slice crosswise

into pieces 3/4 to 1 inch thick. Dip into egg or milk. Drain. Roll in crumbs or corn meal.

Deep-fat fry or shallow fry in the hot fat 1 1/2 to 2 minutes, or until brown and tender. Drain well. Serve very hot. Six servings.

Important. Have fat at correct temperature before frying.

Dinner

Fruit Cup Fried Chicken
Glazed Bananas
Spinach Tomato Salad
Lemon Meringue Tarts
Beverage

RECIPE 5 GLAZED BANANAS



6 firm bananas
Lemon juice

Sugar
Butter

Use all-yellow or slightly green-tipped bananas

Peel bananas. Brush well with lemon juice. Roll in sugar. Fry bananas slowly in butter until tender and

golden brown, turning them to brown evenly. Serve hot as a vegetable. Six servings.



Dinner

Roast Beef

Banana Fritters with

Powdered Sugar or Orange Sauce

Buttered Cauliflower

Tomato and Lettuce Salad

Fruit Cup Beverage

RECIPE

6

BANANA FRITTERS



Melted fat or oil
3 to 4 firm bananas

$\frac{1}{4}$ cup flour
Fritter Batter

Use all-yellow bananas

For deep-fat frying, have deep kettle $\frac{1}{2}$ to $\frac{2}{3}$ full of melted fat or oil.

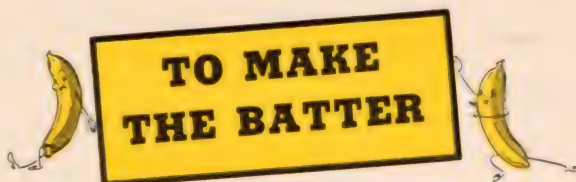
For shallow frying, have 1 inch of melted fat or oil in frying pan.

Heat fat to 375° F., or until a 1-inch cube of bread will brown in about 40 seconds. Peel bananas and cut each into 3 or 4 diagonal pieces. Roll in flour. Dip into Fritter Batter, com-

pletely coating the banana pieces with the batter.

Deep-fat fry or *shallow fry* in the hot fat 4 to 6 minutes, turning fritters frequently to brown evenly. Drain on a rack. Six to eight servings.

Serve very hot with the main course or as a dessert with a hot fruit sauce or sweetened whipped cream.



1 cup sifted flour
2 teaspoons baking powder
1 $\frac{1}{4}$ teaspoons salt

$\frac{1}{4}$ cup sugar
1 egg, well beaten
 $\frac{1}{3}$ cup milk

2 teaspoons melted shortening

Sift together flour, baking powder, salt and sugar. Combine egg, milk

and shortening. Add to dry ingredients and mix until batter is smooth.



This is a stiff batter and it makes a crisp fritter which will stay crisp for 15 to 20 minutes. This batter should not be "thinned down."

BANANAS ARE GOOD MIXERS — WITH MEAT, FISH, VEGETABLES



RECIPE

7

HAM BANANA ROLLS

Luncheon

Ham Banana Rolls

with Cheese Sauce

Mixed Vegetable Salad

Berries or Fruit

Cookies Beverage

6 thin slices boiled ham
Prepared mustard

6 firm bananas, peeled
Cheese Sauce

Use all-yellow or slightly green-tipped bananas

Spread each slice of ham lightly with mustard. Wrap a slice of the prepared ham around each banana. Place into a buttered shallow baking pan and pour Cheese Sauce over bananas. Bake in a moderate oven (350° F.)

30 minutes, or until bananas are tender . . . easily pierced with a fork. Six servings.

• • •

Serve hot with Cheese Sauce from the pan poured over each roll.

CHEESE SAUCE

1½ tablespoons butter

1½ tablespoons flour

¾ cup milk

1½ cups grated

American cheese

Melt butter, add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly until sauce is smooth and thickened. Makes about 1 cup sauce.



Dinner

Banana Meat Loaf

Baked Potatoes Buttered Beets
Cole Slaw
Hot Gingerbread Apple Sauce
Beverage



1 pound ground raw beef	1 cup soft bread crumbs
1 tablespoon chopped onion	$\frac{3}{4}$ cup mashed bananas
1 tablespoon salt	(1 to 2 bananas)
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ teaspoon dry mustard

Use all-yellow or slightly green-tipped bananas

Mix together meat, onion, salt, pepper and crumbs. Combine bananas and mustard. Add to meat mixture and mix well. Form mixture into a loaf and place into a well-greased baking pan ($8\frac{1}{2} \times 4\frac{1}{2} \times 3$ inches). Bake in a moderate oven (350° F.) about 1 hour, or until loaf is done. Four to six servings.

Baked Bananas as an accompaniment . . . baked in the pan with the meat loaf . . . add an extra, different, delightful flavor. Peel the bananas, brush them with melted butter and sprinkle lightly with salt. Place them into the pan about 15 minutes before the meat is done. Arrange the baked bananas on a hot platter around the meat loaf.



Luncheon

Scrambled Eggs Bacon
Tomatoes Tropical
Hot Muffins
Baked Apples and Cream
Beverage

2 large tomatoes
1 firm banana
Salt

3 tablespoons finely
grated cheese
Paprika

Use all-yellow or slightly green-tipped banana

Cut tomatoes crosswise into three thick slices. Peel banana. Cut into very thin slices. Cover tomato slices with overlapping slices of banana. Sprinkle with salt, cheese and paprika.

Place on broiler rack about 5 inches below heat. Broil about 10 minutes, or until cheese is melted. Serve hot with broiled chops, bacon or scrambled eggs. Six servings.

BAKE 'EM, BROIL 'EM, FRY 'EM—ENJOY 'EM!



RECIPE **BANANA**
10 **RICE**
SAVORY

Dinner

Banana Rice Savory

Buttered Spinach

Tomato Salad

Raisin Pie Beverage

3 cups boiled rice
2 cups hot Savory Cheese Sauce
2 firm bananas

Melted butter
Salt
Paprika

Use all-yellow or slightly green-tipped bananas

Mix together rice and $\frac{1}{2}$ cup Savory Cheese Sauce. Spread over bottom of baking dish (10 x 6 x 2 inches). Peel bananas; cut crosswise into halves and then cut each half lengthwise. Arrange pieces, cut side down, on top of rice. Brush bananas with butter

and sprinkle with salt. Bake in a moderate oven (375° F.) 10 to 15 minutes, or until bananas are tender . . . easily pierced with a fork. Pour remaining cheese sauce over bananas and sprinkle with paprika. Serve hot. Eight servings.



2 tablespoons butter
3 tablespoons flour
1 teaspoon salt
Dash of pepper

1 teaspoon prepared mustard
 $\frac{1}{4}$ teaspoon Worcestershire
Sauce
2 cups milk

1 cup grated American cheese

Melt butter, add flour and seasonings and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring

constantly, until sauce is smooth and thickened. Makes about 2 cups of Savory Cheese Sauce.

THE FULLY RIPE BANANA IS BEST FOR EATING!



*Banana
Breads*



RECIPE
11
**BANANA
TEA
BREAD**

Bridge Luncheon

Assorted
Banana Tea Bread Sandwiches
Coffee or Chocolate
Ice Cream Cookies

1¾ cups sifted flour
2 teaspoons baking powder
¼ teaspoon soda
½ teaspoon salt

⅓ cup shortening
⅔ cup sugar
2 eggs, well beaten
1 cup mashed bananas
(2 to 3 bananas)

Use fully ripe or all-yellow bananas

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bana-

nas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased bread pan (8½ x 4½ x 3 inches) and bake in a moderate oven (350° F.) about 1 hour 10 minutes. Makes 1 loaf.

Luncheon

Fruit Salad
Banana Bran
Nut Bread Sandwiches
Beverage

RECIPE
12
**BANANA
BRAN
NUT BREAD**



1 egg, well beaten
1½ cups mashed bananas
(4 to 5 bananas)
¼ cup melted shortening
1 cup bran
1½ cups sifted flour

2½ teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
½ cup sugar
½ cup broken nut meats

Use fully ripe or all-yellow bananas

Combine egg, bananas, shortening and bran. Sift together flour, baking powder, soda, salt and sugar. Add nut meats and mix well. Add to banana mixture, mixing only enough to

dampen all flour. Turn into a well-greased bread pan (8½ x 4½ x 3 inches) and bake in a moderate oven (350° F.) about 1 hour 10 minutes, or until bread is done. Makes 1 loaf.



**OR YOU MIGHT LIKE
THESE TEA BREADS, TOO—**



BANANA RAISIN TEA BREAD: Add 1 cup seedless raisins to flour mixture.

BANANA NUT TEA BREAD: Add ½ cup coarsely broken nut meats to flour mixture.

BANANA DATE TEA BREAD: Add 1 cup finely chopped dates to flour mixture.

Luncheon

Banana Dutch Coffee Cake

Beverage

Fruit Bowl



1 cup sifted flour
1¼ teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
¼ cup shortening
1 egg, well beaten
3 tablespoons milk

3 firm bananas
2 tablespoons melted
butter
2 tablespoons sugar
¼ teaspoon cinnamon
1 teaspoon grated
orange rind

Use all-yellow bananas

Sift together flour, baking powder, salt and sugar. Cut in shortening. Combine egg and milk. Add to flour mixture and stir until mixture is blended. Turn the stiff dough into a well-greased baking pan (8 x 10 x 2 inches) and spread evenly over bottom of pan. Peel bananas and cut into ½-inch diagonal pieces. Cover surface of dough with overlapping

pieces of bananas. Brush bananas with butter. Mix together sugar, cinnamon and orange rind and sprinkle over top of bananas. Bake in a moderate oven (350° F.) about 35 minutes. Six to eight servings.

Serve hot as a coffee bread, or as a hot dessert with cream, sweetened whipped cream, or Lemon Hard Sauce.

BANANA BREAD MAKES UNUSUALLY FINE TOAST



RECIPE **BANANA**
14 **TEA**
MUFFINS

Dinner

Broiled Lamb Chops Mint Jelly
Parsley Buttered Potatoes
Spinach Carrots
Banana Tea Muffins
Lemon Meringue Pie Beverage

1¾ cups sifted cake
flour
2 teaspoons baking powder
¼ teaspoon soda
¾ teaspoon salt

¼ cup shortening
⅓ cup sugar
1 egg
1 cup mashed bananas
(2 to 3 bananas)

Use fully ripe or all-yellow bananas

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add egg and beat well. Add flour alternately with bananas, mix-

ing until batter is smooth. Turn into well-greased small muffin pans and bake in a moderately hot oven (400° F.) about 20 minutes, or until muffins are done. Serve hot or cold. Makes 16 small muffins.

Breakfast

Orange Juice
Scrambled Eggs Crisp Bacon
Banana Bran Muffins
Beverage

RECIPE **BANANA**
15 **BRAN**
MUFFINS



1 cup sifted flour
¾ teaspoon soda
½ teaspoon salt
¼ cup sugar
1 cup bran
1 egg, well beaten

2 tablespoons sour milk
or buttermilk
2 tablespoons melted
shortening or oil
2 cups thinly sliced bananas
(3 to 4 bananas)

Use fully ripe or all-yellow bananas

Sift together flour, soda, salt and sugar. Add bran and mix well. Combine egg, milk, shortening and bananas. Add to dry ingredients, mixing

only enough to dampen all flour. Turn into well-greased muffin pans. Bake in moderate oven (375° F.) 35 minutes. Makes 6 large muffins.



Cakes
AND
Cookies



RECIPE
**16 BANANA
SPICE LAYER
CAKE**

Luncheon

Vegetable Soup
Chicken Salad Hot Muffins
Banana Spice Layer Cake
Beverage

2½ cups sifted cake flour
2½ teaspoons baking
 powder
½ teaspoon soda
¾ teaspoon salt
⅛ teaspoon cloves
1¼ teaspoons cinnamon

½ teaspoon nutmeg
½ cup shortening
1¼ cups sugar
2 eggs
1 teaspoon vanilla extract
1½ cups mashed ripe
 bananas (4 to 5 bananas)

Use ripe bananas . . . yellow peel flecked with brown

Sift together flour, baking powder, soda, salt and spices. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Stir in vanilla. Add flour mixture alternately with bananas, a small

amount at a time, beating after each addition until smooth. Turn into 2 well-greased 9-inch layer cake pans. Bake in a moderate oven (375° F.) about 25 minutes, or until cake is done. Makes 1 cake.

• • •
Frost with Banana Butter Frosting.

ALL MEASUREMENTS USED IN THESE RECIPES ARE LEVEL!

Luncheon

Vegetable Plate Hot Rolls
Banana Shortcake
with Whipped Cream
Beverage



Use ripe bananas . . . yellow peel flecked with brown

Bake any cake or gingerbread in two layers; or split any cake, cup cake, gingerbread, biscuit or muffin into two layers. Place sliced bananas be-

tween and on top of layers. Serve with plain or sweetened whipped cream, ice cream, Pineapple Sauce, Orange Sauce or lemon sauce.



Luncheon

Cold Sliced Ham
Potato Salad
Sliced Tomatoes
Banana Nut Cake
Ice Cream Beverage

2¼ cups sifted cake flour
2 teaspoons baking powder
¼ teaspoon soda
¾ teaspoon salt
½ cup shortening
1 cup sugar

2 eggs
½ cup chopped nut meats
1 teaspoon vanilla extract
1 cup mashed ripe bananas
(2 to 3 bananas)
2 tablespoons milk

Use ripe bananas . . . yellow peel flecked with brown

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Add nuts and beat well. Stir in vanilla. Add flour mixture alternately with bananas and milk, a small

amount at a time, beating after each addition until smooth. Turn into a well-greased cake pan (8 x 8 x 2 inches) and bake in a moderate oven (350° F.) about 55 minutes, or until cake is done. Makes 1 cake.

Serve plain or frost the top and sides with Banana Butter Frosting.

BANANAS HELP KEEP BREAD AND CAKE FRESH AND MOIST



RECIPE

19

BANANA CUP CAKES

Dinner

Broiled Pork Chops

Apple Sauce Mashed Potatoes

Celery or Pickled Beets

Lemon Sherbet

Banana Cup Cakes

Beverage

2¼ cups sifted cake flour

1 cup sugar

2½ teaspoons baking powder

2 eggs

½ teaspoon soda

1 teaspoon vanilla extract

½ teaspoon salt

1 cup mashed ripe bananas

½ cup shortening

(2 to 3 bananas)

¼ cup sour milk or buttermilk

Use ripe bananas . . . yellow peel flecked with brown

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Stir in vanilla. Add flour mixture alternately with bananas and milk, a

small amount at a time, beating after each addition until smooth. Turn into well-greased cup-cake pans. Bake in a moderate oven (375° F.) about 25 minutes, or until cakes are done. Makes 18 to 20 cup cakes.

Frost with Banana Butter Frosting and sprinkle with chopped nut meats.



For a nut topping mix together 2 tablespoons melted butter, 4 tablespoons brown sugar and ½ cup finely chopped pecan meats. When cakes are just done, sprinkle nut mixture on top. Return to oven and bake 2 to 3 minutes longer. No frosting is needed with this topping.

Sunday Breakfast

Fresh Fruit and Cereal
Plain Omelet and Grilled Bacon
Toast
Banana Doughnuts
Beverage

RECIPE 20 BANANA DOUGHNUTS



5 cups sifted flour
4 teaspoons baking powder
1 teaspoon soda
2 teaspoons salt
1 teaspoon nutmeg
 $\frac{1}{4}$ cup shortening
1 cup sugar
3 eggs, well beaten

$\frac{3}{4}$ cup mashed bananas
(about 2 bananas)
 $\frac{1}{2}$ cup sour milk or
buttermilk
 $1\frac{1}{2}$ teaspoons vanilla
extract
 $\frac{1}{2}$ cup flour for rolling
Melted fat or oil

Use fully ripe or all-yellow bananas

Sift together flour, baking powder, soda, salt and nutmeg. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add combined bananas, milk and vanilla to creamed mixture and blend. Add flour mixture and mix until smooth. Turn a small amount of dough onto a floured board. Knead very lightly. Roll out to $\frac{3}{8}$ -inch

thickness. Cut with floured $2\frac{1}{2}$ -inch doughnut cutter.

Heat fat to 375° F. or until a 1-inch cube of bread will turn golden brown in about 40 seconds. Slip doughnuts into fat with spatula. Fry about 3 minutes, or until golden brown, turning them frequently. Drain on absorbent paper. Makes $3\frac{1}{2}$ dozen.

Sugar the doughnuts, if desired.





RECIPE

21

BANANA DROP COOKIES

Dinner

Baked Corned Beef Hash

Baked Tomatoes

Shredded Carrot and Cabbage Salad

Banana Drop Cookies

Raspberry Sherbet Beverage

2¼ cups sifted flour

2 teaspoons baking powder

¼ teaspoon soda

¾ teaspoon salt

⅔ cup shortening

1 cup sugar

2 eggs

1 teaspoon vanilla extract

1 cup mashed ripe bananas
(2 to 3 bananas)

Sugar and cinnamon

Use ripe bananas . . . yellow peel flecked with brown

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually, beating until light and fluffy. Add eggs, one at a time, beating after each addition until fluffy. Stir in vanilla. Add flour mixture alternately with bananas, beating after each addition until

smooth. Drop by teaspoonfuls onto ungreased cookie pans about 1½ inches apart. Sprinkle with sugar or a mixture of sugar and cinnamon. Bake in a moderately hot oven (400° F.) about 12 minutes. Remove from pans at once. Makes about 2½ to 3 dozen medium-size cookies.



Coconut or chopped nuts may be substituted for sugar or sugar and cinnamon mixture.



ENJOY YOUR FAVORITE CEREAL WITH SWEET, RIPE BANANAS

Dinner

Baked Ham with Pineapple

Baked Potatoes Creamed Cauliflower

Buttered String Beans

Baked Custard

Banana Oatmeal Cookies

Beverage

RECIPE **BANANA 22 OATMEAL COOKIES**



1½ cups sifted flour

½ teaspoon soda

1 teaspoon salt

¼ teaspoon nutmeg

¾ teaspoon cinnamon

¾ cup shortening

1 cup sugar

1 egg

1 cup mashed bananas
(2 to 3 bananas)

1¾ cups rolled oats

½ cup chopped nut meats

Use fully ripe or all-yellow bananas

Sift together flour, soda, salt and spices. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add egg and beat well. Add bananas, rolled oats and nut meats and mix thoroughly. Add flour mixture and

blend. Drop by teaspoonfuls onto ungreased cooky pans about 1½ inches apart. Bake in a moderately hot oven (400° F.) about 15 minutes, or until cookies are done. Remove baked cookies from pan at once. Makes about 3½ dozen cookies.



Pies



RECIPE

23

BANANA BUTTERSCOTCH PIE

Dinner

Tomato Juice Fresh Vegetable Salad
Baked Fresh Ham Apple Sauce
Mashed Potatoes Green String Beans
Banana Butterscotch Pie

Beverage

$\frac{3}{4}$ cup firmly packed
brown sugar
5 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
2 cups milk

2 egg yolks, slightly beaten
2 tablespoons butter
 $\frac{1}{2}$ teaspoon vanilla extract
3 ripe bananas
1 baked 9-inch pie shell

Use ripe bananas . . . yellow peel flecked with brown

Combine sugar, flour and salt in top of double boiler. Add milk slowly, mixing thoroughly. Cook over rapidly boiling water until well thickened, stirring constantly. Cook 10 minutes longer, stirring occasionally. Stir small amount of hot mixture into egg yolks; then pour

back into remaining hot mixture while beating vigorously. Cook 1 minute longer. Remove from heat and add butter and vanilla. Cool. Peel and slice bananas into pie shell and cover immediately with filling. Garnish with ripe banana slices just before serving.



Be sure the filling is well thickened before beginning to count the "10-minute" cooking time.

This filling may be made with either light or dark brown sugar. The darker sugar gives a richer butterscotch flavor.

Luncheon

Vegetable Soup

Hot Muffins

Banana Cream Pie

Beverage

RECIPE 24 **BANANA CREAM PIE**



$\frac{1}{2}$ cup sugar

5 tablespoons flour

$\frac{1}{4}$ teaspoon salt

2 cups milk

2 egg yolks, slightly beaten

1 tablespoon butter

$\frac{1}{2}$ teaspoon vanilla
extract

3 ripe bananas

1 baked 9-inch pie shell

Use ripe bananas . . . yellow peel flecked with brown

Combine sugar, flour and salt in top of double boiler. Add milk slowly, mixing thoroughly. Cook over rapidly boiling water until well thickened, stirring constantly. Cook 10 minutes longer, stirring occasionally. Stir small amount of hot mixture into egg yolks; then pour

back into remaining hot mixture while beating vigorously. Cook 1 minute longer. Remove from heat and add butter and vanilla. Cool. Peel and slice bananas into pie shell and cover immediately with filling. Top with meringue or sweetened whipped cream.



BANANA COCONUT CREAM PIE: Fold $\frac{1}{2}$ cup coconut into cooled filling before covering bananas. Top with plain or toasted coconut.

BANANA CHOCOLATE CREAM PIE: Use your favorite chocolate filling. Slice ripe bananas into a baked pie shell and cover with cooled filling. Top with meringue or sweetened whipped cream and ripe banana slices.



Packaged commercial fillings . . . Butterscotch, Chocolate or Vanilla . . . may be used satisfactorily for Banana Cream Pies.

FOR FINEST FLAVOR — A BANANA FLECKED WITH BROWN!



RECIPE

25

BANANA ORANGE CHIFFON PIE

Luncheon

Tomato Juice
Cheese Omelet
Mixed Vegetable Salad
Banana Orange Chiffon Pie

Beverage

2 teaspoons granulated gelatin
¼ cup orange juice
1 cup mashed ripe bananas
(2 to 3 bananas)
1½ tablespoons lemon juice
1 teaspoon grated orange rind
½ teaspoon salt

3 egg yolks, slightly
beaten
5 tablespoons sugar
½ cup orange sections,
cut into small pieces
3 egg whites
1 baked 9-inch pie shell

Use ripe bananas . . . yellow peel flecked with brown

Soften gelatin in orange juice. Mix together bananas, lemon juice, orange rind, salt, egg yolks and 2 tablespoons sugar. Cook over low heat, stirring constantly, until mixture is thickened. Remove from heat, add gelatin

and stir until dissolved. Cool. Add orange sections and mix well. Beat egg whites until foamy, add remaining sugar and continue beating until stiff. Fold in banana mixture. Turn into pie shell. Chill until firm.

Dinner

Cranberry Juice Cocktail

Broiled Lamb Chops

Baked Potatoes Green Salad

Banana Apricot Chiffon Pie

Beverage

RECIPE

26

BANANA APRICOT CHIFFON PIE



1 package orange-
flavored gelatin
1 cup hot water
¼ cup sugar
¼ teaspoon salt
¼ cup orange juice

2 cups thinly sliced ripe
bananas (2 to 3 bananas)
⅓ cup apricot purée
½ cup whipping cream,
whipped
1 baked 9-inch pie shell

Use ripe bananas . . . yellow peel flecked with brown

Dissolve gelatin in hot water. Add sugar, salt and orange juice. Chill until cold and syrupy. Combine bananas and apricot purée. (See Recipe 34.)

Add to gelatin mixture. Beat with a rotary egg beater until thick and fluffy. Fold in whipped cream. Turn into pie shell. Chill until firm.

Luncheon

Cheese Soufflé
Crisp Vegetable Salad
Banana Coconut Cream Tarts
Beverage

RECIPE 27 BANANA COCONUT CREAM TARTS



2 tablespoons sugar
1/4 teaspoon vanilla extract
3/4 cup whipping cream,
whipped

3 ripe bananas, peeled
6 baked 3 1/2-inch tart shells
6 tablespoons shredded
coconut

Use ripe bananas . . . yellow peel flecked with brown

Fold sugar and vanilla into whipped cream. Slice bananas into tart shells.

Cover at once with whipped cream. Garnish with coconut. Six servings.



OR YOU MIGHT LIKE . . .



BANANA WHIPPED CREAM PIE: Peel and slice 4 to 5 ripe bananas into 1 baked 9-inch pie shell. Cover with sweetened and flavored whipped cream.

BANANA STRAWBERRY CREAM TARTS: Fresh strawberries (or other berries) may be substituted for half the sliced bananas.



The banana slices in the tarts and pie should be completely covered with whipped cream. This will keep the bananas from turning dark. Slices of ripe bananas may be added as a garnish just before serving.



Desserts



RECIPE

28

BANANA AMBROSIA

Luncheon

Meat Pie with Biscuit Topping
Mixed Vegetable Salad
Banana Ambrosia

Beverage

2 oranges

3 ripe bananas

$\frac{1}{4}$ cup powdered sugar

$1\frac{1}{2}$ cups shredded coconut

Use ripe bananas . . . yellow peel flecked with brown

Peel oranges and cut crosswise into thin slices. Peel and slice bananas. Arrange alternate layers of oranges and bananas in a large serving dish, sprinkling each layer with sugar and coconut. Repeat until all ingredients

are used, topping with coconut. Chill. Six to eight servings.

Garnish with additional sections of oranges and plain or fluted slices of ripe bananas, if desired.

BANANAS AND CREAM—AN EASY, PLEASANT DESSERT

Dinner

Tomato Juice

Grilled Ham Creamed Potatoes

Lettuce Salad with French Dressing

Banana Upside-Down Cake

Beverage

RECIPE

29

BANANA UPSIDE-DOWN CAKE



1 1/2 cups sifted cake flour

1 1/2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup sugar

4 tablespoons softened
shortening

1 egg, well beaten

1/2 cup milk

1 teaspoon vanilla extract

4 tablespoons butter

1/3 cup firmly packed
brown sugar

2 firm bananas

Use all-yellow bananas

Sift together flour, baking powder, salt and sugar. Add shortening. Mix together egg, milk and vanilla. Add to flour mixture, stirring until all flour is dampened. Beat vigorously 1 minute. Melt butter in pan (8 x 8 x 2 inches). Add brown sugar and stir until melted and syrup formed. Peel and

slice bananas and arrange in syrup. Pour batter over bananas. Bake in a moderate oven (350° F.) about 50 minutes, or until cake is done. Loosen cake from sides of pan with knife or spatula. Turn out onto serving plate. Serve hot, upside-down with bananas on top. Makes 1 cake.



RECIPE

30

BANANA COCONUT ROLLS

Luncheon

Creamed Tuna Fish on Toast

Lettuce Salad with Mayonnaise

Banana Coconut Rolls

with Orange Sauce

Beverage

6 firm bananas

2 tablespoons melted butter

2 tablespoons lemon juice

1/2 cup shredded coconut

Use all-yellow bananas

Peel bananas and brush thoroughly with butter, then with lemon juice. Place into well-buttered baking pan. Cut bananas in half, crosswise, and sprinkle with coconut. Bake in a

moderate oven (375° F.) 15 to 20 minutes, or until bananas are tender and coconut browned. Serve hot with hot Orange Sauce, Pineapple Sauce or Lemon Hard Sauce. Six servings.



RECIPE
31
**BANANA
APPLE
BETTY**

Dinner

Tomato Juice
Hamburg Steak with Mushrooms
Mashed Potatoes Lima Beans
Banana Apple Betty
Beverage

- 3 firm bananas, peeled ½ teaspoon cinnamon
- 2 tart apples, peeled ¼ teaspoon salt
- ¾ cup sugar 3 cups soft bread crumbs
- 3 tablespoons melted butter

Use all-yellow bananas

Slice apples and cut bananas into ½-inch pieces. Combine fruit, sugar, cinnamon and salt. Mix bread crumbs with butter. Place alternate layers of crumbs and fruit into a well-buttered baking dish, using crumbs for top and bottom layers. Cover baking

dish and bake in a moderate oven (375° F.) about 40 minutes, or until the apples are tender. Uncover. Bake 5 minutes to brown the crumbs. Six servings. Serve hot with cream, Frozen Whipped Cream or fruit sauce.

Supper

Lamb Stew with Vegetables
Shredded Lettuce, Beet and
Hard Cooked Egg Salad
Banana Tapioca Cream
Beverage

RECIPE
32
**BANANA
TAPIOCA
CREAM**



- 2 tablespoons quick-cooking tapioca
- ¼ teaspoon salt
- ⅓ cup sugar
- 2 cups scalded milk
- 1 egg yolk, well beaten
- 1 egg white, stiffly beaten
- 1 teaspoon grated orange rind
- 1 cup sliced or diced ripe bananas (1 to 2 bananas)

Use ripe bananas . . . yellow peel flecked with brown

Mix together tapioca, salt and half the sugar. Add to milk and cook over rapidly boiling water about 5 minutes, or until tapioca is clear, stirring frequently. Combine egg yolk and remaining sugar. Add a small amount of the tapioca mixture, stirring con-

stantly. Then pour back into remaining hot mixture while beating vigorously. Continue cooking about 5 minutes, stirring constantly. Fold into egg white. Cool. Add orange rind. Fold in bananas. Chill. Garnish with sliced ripe bananas. Six servings.



Luncheon

Cream of Spinach Soup

Crisp Toast

Banana Gelatin Dessert

Milk

RECIPE

33

**BANANA
GELATIN
DESSERT**



1 package fruit-flavored
gelatin

1½ to 2 cups sliced ripe
bananas (2 to 3 bananas)

Use ripe bananas . . . yellow peel flecked with brown

Prepare fruit-flavored gelatin according to the directions on the package. Chill until slightly thickened. Fold in bananas. Turn into 1 large or several

individual molds. Chill until firm. Unmold and garnish with fluted slices of ripe bananas and other fruit, if desired. Serve with cream.

NATURE SEALS BANANAS IN A GERM-PROOF PACKAGE



RECIPE

34

BANANA APRICOT FLUFF

Luncheon

Creamed Chicken on Toast
Lettuce and Tomato Salad
Banana Apricot Fluff
Beverage

1 package orange-
flavored gelatin

1 cup hot water

¼ cup sugar

¼ teaspoon salt

¼ cup orange juice

2 cups thinly sliced ripe

bananas (2 to 3 bananas)

⅓ cup apricot purée

Use ripe bananas . . . yellow peel flecked with brown

Dissolve gelatin in hot water. Add sugar, salt and orange juice. Chill until cold and syrupy. Combine bananas and apricot purée. Add to gela-

tin mixture. Beat with a rotary egg beater or electric mixer until thick and fluffy like whipped cream. Chill. Six to eight servings.



To prepare apricot purée, drain stewed or canned apricots thoroughly. Rub pulp through a sieve.

Dinner

Stuffed Flank Steak with Tomato Sauce

Mashed Potatoes Buttered Peas Cole Slaw

Banana-Orange Refrigerator Cake

Beverage

RECIPE

35

BANANA-ORANGE REFRIGERATOR CAKE



1 package orange-
flavored gelatin

1½ cups hot water

¼ cup sugar

Dash of salt

½ teaspoon grated orange rind

½ cup orange juice

¾ cup whipping cream

1½ cups finely diced ripe

bananas (2 to 3 bananas)

10 to 12 lady fingers

Use ripe bananas . . . yellow peel flecked with brown

Dissolve gelatin in hot water. Add sugar, salt, orange rind and juice. Chill until cold and syrupy. Whip cream until thick and shiny but not stiff. Fold into gelatin. Fold in bananas. Line a rectangular mold or bread pan (8½ x 4½ x 3 inches) with

lengthwise and crosswise strips of waxed paper. Line bottom and sides of mold with lady fingers, split lengthwise. Fill mold with gelatin mixture. Arrange lady fingers over top of gelatin. Chill until firm. Unmold and slice. Six to eight servings.

Dinner

Meat Loaf with Tomato Sauce
Baked Potatoes Buttered Corn
Carrot, Raisin and Cabbage Salad
Banana Cream Whip

Beverage



1 cup mashed ripe bananas
(2 to 3 bananas)

1 tablespoon lemon juice

$\frac{1}{4}$ cup sugar

$\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ cup whipping cream,
whipped

Use ripe bananas . . . yellow peel flecked with brown

Mix together bananas, lemon juice,
sugar and salt. Fold in whipped
cream. Chill. Serve within 1 hour.

Four to six servings.

Garnish with sliced bananas.



Luncheon

Toasted Cheese Sandwich
Cole Slaw
Banana Prune Whip
Beverage

$\frac{1}{4}$ cup prune purée

$\frac{1}{3}$ cup sugar

Dash of salt

1 cup thinly sliced ripe

bananas (1 to 2 bananas)

1 tablespoon lemon juice

2 egg whites

Use ripe bananas . . . yellow peel flecked with brown

Mix together prune purée, sugar and salt. Cook over low heat, stirring constantly, until sugar is dissolved. Cool. Add bananas and lemon juice to prune mixture and mix well. Beat egg whites until foamy throughout. Add prune-banana mixture, a little at a time, beating constantly until mixture is smooth, thick and fluffy. Chill. Four to six servings.



To prepare prune purée, drain slightly sweetened stewed prunes thoroughly. Remove stones, cut prunes into small pieces and with a spoon rub pulp through a colander or coarse mesh sieve.

*Sherbets
AND
Ice Creams*



Afternoon Tea

Sandwiches

Assorted Nuts Mints

Banana Pecan Ice Cream

Beverage



1 cup mashed ripe bananas

(2 to 3 bananas)

2 teaspoons lemon juice

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{3}$ cup milk

2 egg whites

1 cup whipping cream

2 egg yolks

1 teaspoon vanilla extract

$\frac{1}{2}$ cup coarsely chopped
pecans

Use ripe bananas . . . yellow peel flecked with brown

Mix together bananas and lemon juice. Add sugar, salt and milk, stirring until mixed. Beat egg whites until stiff. Whip cream until thickened but not stiff. Beat egg yolks until thick. Combine banana mixture, egg whites, egg yolks, cream

and vanilla. Turn into freezing trays of an automatic refrigerator. Freeze, with indicator at coldest setting, stirring every 30 minutes until mixture begins to hold its shape, adding pecans during final stirring. Then freeze until firm. Eight servings.



OR YOU MIGHT LIKE . . .

BANANA PEANUT BRITTLE ICE CREAM

Substitute $\frac{1}{2}$ cup finely crushed peanut brittle for pecans.

BANANA WALNUT ICE CREAM

Substitute $\frac{1}{2}$ cup coarsely chopped walnuts for pecans.

BANANA PINEAPPLE ICE CREAM

Substitute $\frac{1}{2}$ cup drained canned crushed pineapple for pecans.

BANANA STRAWBERRY ICE CREAM

Substitute $\frac{1}{2}$ cup sweetened mashed strawberries for pecans.

BANANA TOASTED COCONUT ICE CREAM

Substitute $\frac{1}{2}$ cup toasted shredded coconut for pecans.

FRESH FRUIT ICE CREAM ALL YEAR 'ROUND — BANANA!



RECIPE

39

BANANA CARAMEL ICE CREAM

(AUTOMATIC REFRIGERATOR)

Luncheon

Cream of Carrot Soup

Bran Muffins

Banana Caramel Ice Cream

Beverage

1 cup mashed ripe bananas
(2 to 3 bananas)

2 teaspoons lemon juice

$\frac{1}{4}$ cup firmly packed
brown sugar

$\frac{1}{4}$ teaspoon salt

$\frac{1}{3}$ cup milk

2 egg whites

1 cup whipping cream

2 egg yolks

1 teaspoon vanilla
extract

Use ripe bananas . . . yellow peel flecked with brown

Mix together bananas and lemon juice. Add sugar, salt and milk, stirring until mixed. Beat egg whites until stiff. Whip cream until thickened but not stiff. Beat egg yolks until thick. Combine banana mix-

ture, egg whites, egg yolks, cream and vanilla. Turn into freezing trays. Freeze, with indicator at coldest setting, stirring every 30 minutes until mixture holds its shape. Freeze until firm. Eight servings.

Luncheon

Tomato Juice

Scrambled Eggs Crisp Bacon

Hot Muffins

Banana Ice Cream

Beverage

RECIPE

40

BANANA ICE CREAM

(CRANK FREEZER)



2 cups mashed ripe bananas
(5 to 6 bananas)

$1\frac{1}{2}$ tablespoons lemon juice

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon salt

2 eggs, beaten

1 cup milk

$1\frac{1}{2}$ teaspoons vanilla
extract

1 pint cream (whipping
or coffee cream)

Use ripe bananas . . . yellow peel flecked with brown

Mix together bananas, lemon juice and sugar. Add salt, eggs, milk and vanilla. Stir in cream. Freeze, using

8 parts ice to 1 part ice cream salt. Makes about 2 quarts—twelve to sixteen servings.

Afternoon Tea

Cream Cheese and Jam Sandwiches
Minced Ham and Watercress Sandwiches
Banana Sherbet
Small Cakes Beverage
Mints and Nuts



2 cups mashed ripe bananas
(5 to 6 bananas)
6 tablespoons lemon juice
 $\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup white corn syrup
 $\frac{1}{8}$ teaspoon salt
1 egg white
2 cups milk

Use ripe bananas . . . yellow peel flecked with brown

Mix bananas thoroughly with lemon juice. Add sugar, corn syrup and salt. Beat egg white until stiff enough to form peaks. Fold into banana mixture. Add milk slowly, stirring con-

stantly. Turn into freezing trays and freeze with indicator at coldest setting. Stir when freezing begins and again just before mixture becomes firm. Eight to ten servings.



Dinner

Hamburg Patties with Mushrooms
Buttered Lima Beans Potato Cakes
Tomato and Cucumber Salad
Banana Grape Marlow
Beverage

10 marshmallows
 $\frac{1}{3}$ cup grape juice
2 tablespoons lemon juice

1 cup mashed ripe bananas
(2 to 3 bananas)
 $\frac{1}{2}$ cup whipping cream

Use ripe bananas . . . yellow peel flecked with brown

Combine marshmallows and 2 tablespoons grape juice. Heat slowly, folding over and over, until marshmallows are half melted. Remove from heat and continue folding until mixture is smooth and fluffy. Fold in remaining grape juice; then fold in lemon juice and bananas. Turn into freezing tray and chill until mixture begins to freeze. Turn into a bowl and beat well. Whip cream until thickened. Fold into marshmallow-banana mixture. Return to freezing tray and freeze, with indicator at coldest setting, until firm. Four to six servings.

*Milk
Shakes*



RECIPE **BANANA**
43 **MILK**
SHAKE



1 fully ripe banana, peeled
1 cup cold milk

*Use fully ripe banana . . . peel
well flecked with brown*

Slice banana into a bowl and beat with a rotary egg beater or electric mixer until smooth and creamy . . . or press banana through medium mesh wire strainer with a spoon. Add milk and mix thoroughly. Serve COLD. Makes 1 large or 2 medium-size drinks.





VARIATIONS



BANANA CHOCOLATE MILK SHAKE

Add 1 tablespoon chocolate syrup before mixing milk shake.

BANANA CHOCOLATE MALTED MILK SHAKE

Add 4 teaspoons chocolate malted milk and $\frac{1}{4}$ teaspoon vanilla extract before mixing milk shake.

BANANA FROSTED MILK SHAKE

Add 3 tablespoons vanilla ice cream before mixing milk shake.

BANANA ORANGE MILK SHAKE

Substitute $\frac{1}{2}$ cup orange juice for half the milk. Add $\frac{1}{2}$ teaspoon sugar before mixing milk shake.

BANANA PINEAPPLE MILK SHAKE

Substitute $\frac{1}{4}$ cup canned, unsweetened pineapple juice for one-fourth of the milk before mixing milk shake.

BANANA SPICED MILK SHAKE

Sprinkle nutmeg on top of milk shake, just before serving.

BANANA VANILLA MILK SHAKE

Add $\frac{1}{2}$ teaspoon vanilla extract before mixing milk shake.



For a COLDER DRINK, add about 2 tablespoons of crushed ice or ice cream before mixing milk shake.

For a SWEETER DRINK, add a little ice cream or plain sugar syrup.

*Sauces
AND
Toppings*

FUN TO MAKE—FUN TO SHAKE—GOOD TO DRINK!



RECIPE

44

PINEAPPLE SAUCE

A delicious sauce to serve hot with Banana Coconut Rolls, Banana Fritters or Banana Shortcake.

3 tablespoons sugar

1 tablespoon cornstarch

Dash of salt

$\frac{1}{4}$ cup drained crushed pineapple

$1\frac{1}{4}$ cups unsweetened
pineapple juice

1 teaspoon lemon juice

Mix together sugar, cornstarch and salt. Add pineapple juice gradually. Bring to a boil and cook about 5 min-

utes, or until thickened, stirring constantly. Add lemon juice and pineapple. Makes about $1\frac{1}{2}$ cups sauce.

PINEAPPLE MINT SAUCE: Flavor Pineapple Sauce with 1 to 3 drops of oil of peppermint. Add enough green food coloring to tint the sauce a delicate green.



If juice from sweetened canned pineapple is used, reduce sugar 1 to 2 tablespoons, depending upon the sweetness of the juice. Diced canned pineapple may be substituted for crushed pineapple.

BANANAS BRING YOU VITAMINS A, B₁, C AND G

Try this unusual fruit sauce served hot with hot Banana Fritters, Banana Coconut Rolls or Baked Bananas.

RECIPE **45** **ORANGE SAUCE**



- | | |
|-------------------------|---------------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup boiling water |
| 1 tablespoon cornstarch | 2 tablespoons butter |
| Dash of salt | $\frac{1}{4}$ cup orange juice |
| Dash of cinnamon | 1 teaspoon grated orange rind |
| 1 teaspoon lemon juice | |

Mix together sugar, cornstarch, salt and cinnamon. Add water gradually. Bring to a boil and cook about 5 minutes, or until sauce has thickened,

stirring constantly. Add butter, orange juice, orange rind and lemon juice. Re-heat to boiling point. Makes about 1 cup of sauce.



RECIPE **46** **WHIPPED BANANA TOPPING**

Use this as a new topping for puddings, plain or fruited gelatins, ice cream, custards or gingerbread.

- | | |
|--|-------------------------|
| 1 ripe banana, peeled | Dash of salt |
| 1 egg white | $\frac{1}{3}$ cup sugar |
| $\frac{1}{2}$ teaspoon vanilla extract | |

Use ripe banana . . . yellow peel flecked with brown

Slice banana into a bowl. Add egg white, salt, sugar and vanilla. Beat with a rotary egg beater or electric

mixer until smooth, light and fluffy. Chill if desired. Makes about $1\frac{1}{3}$ cups of topping.



This topping has the best flavor, color and consistency when it is served within an hour after preparation.

WASHED RIPE BANANAS ARE NOW USED FOR INFANT FEEDING!



RECIPE
47

BANANA BUTTER FROSTING

Easy to make, easy to spread, fluffy, creamy, tempting—it's a delicious frosting for any cake.

$\frac{1}{2}$ cup mashed ripe banana
(1 large banana)

$\frac{1}{2}$ teaspoon lemon juice

$\frac{1}{4}$ cup butter

$3\frac{1}{2}$ cups sifted

confectioners' sugar

Use ripe banana . . . yellow peel flecked with brown

Mix together banana and lemon juice. Beat butter until creamy. Add sugar and banana alternately, a small amount at a time, beating until frost-

ing is light and fluffy. Makes about $2\frac{1}{2}$ cups frosting . . . enough to frost top and sides of 8 x 8 x 2-inch cake, or tops of two 9-inch cake layers.



RECIPE
48 LEMON
HARD
SAUCE



$\frac{1}{3}$ cup butter

1 cup confectioners' sugar

$\frac{1}{2}$ teaspoon lemon juice

$\frac{1}{8}$ teaspoon grated lemon rind

Beat butter until creamy. Add sugar gradually and continue beating until well blended. Add lemon juice and rind and mix thoroughly. Chill.

Makes about 1 cup of sauce.

Serve with Banana Apple Betty or with Banana Dutch Coffee Cake.



RECIPE
49 FROZEN
WHIPPED
CREAM



1 cup whipping cream

$\frac{1}{2}$ cup powdered sugar

1 teaspoon vanilla extract

Whip cream until thick and shiny, but not stiff. Fold in sugar and vanilla. Turn into freezing tray of an automatic refrigerator and freeze un-

til firm. Makes about $1\frac{1}{2}$ cups frozen cream . . . enough for 6 servings. Serve with Banana Apple Betty or with hot Baked Bananas.



Salads



RECIPE
50
**COMBINATION
FRUIT
PLATE**

Luncheon
Combination Fruit Plate
Crisp Toast
Chocolate Pie
Beverage

**1 sweet red-skinned apple
(unpeeled)
1 orange**

**1 ripe banana
Salad greens
2 or 3 berries**

Use ripe banana . . . yellow peel flecked with brown

Cut unpeeled apple lengthwise into 4 thin wedges. Peel orange, and slice crosswise. Cut 2 slices into halves. Peel and slice banana. Arrange 3 rows of fruit on a salad plate, using banana slices for the outside rows. For one end of the center row, use the apple wedges, placed so they

overlap with the red skin toward the outside. For the other end, use the 4 half slices of orange, placed so they overlap with the curved side of each piece toward the outside. Garnish the center with greens and berries. Serve with a sweet or tart dressing. One large individual serving.

(Illustrated on preceding page)

Sunday Night Supper

Banana Chicken Salad
Hot Rolls
Molded Gelatin Dessert
Frosted Cup Cakes
Beverage

RECIPE
51
**BANANA
CHICKEN
SALAD**



**1 cup sliced or diced ripe
bananas (1 to 2 bananas)
½ cup diced pineapple
(canned or fresh)
1½ cups diced cooked chicken**

**½ cup diced celery
¼ cup sliced or chopped
olives
1½ teaspoons salt
2 tablespoons mayonnaise**

Use ripe bananas . . . yellow peel flecked with brown

Combine bananas and pineapple. Add chicken, celery, olives, salt and may-

onnaise. Mix lightly. Serve with crisp lettuce. Four to six servings.



Banana Chicken Salad makes a delicious filling for white or whole wheat bread sandwiches.

For a "cold plate special" serve Banana Chicken Salad with crisp potato chips and thin bread and butter sandwiches.

Dinner

Vegetable Soup Roast Beef
Mashed Potatoes Buttered Carrots
Banana Cabbage Salad
Ice Cream and Cake
Beverage

RECIPE 52 BANANA CABBAGE SALAD



1 cup sliced or diced ripe bananas (1 to 2 bananas)	½ cup finely chopped green pepper
1 teaspoon lemon juice	1 teaspoon salt
2 cups shredded cabbage	¼ cup mayonnaise
2 teaspoons prepared mustard	

Use ripe bananas . . . yellow peel flecked with brown

Combine bananas and lemon juice. Add cabbage, green pepper and salt. Mix together mayonnaise and mustard and add to salad ingredients. Mix lightly. Serve with crisp lettuce. Four to six servings.



The lemon juice called for in the recipe not only adds flavor, but helps to keep the bananas light in color.

If a large quantity of this salad is to be made several hours in advance, add the bananas and lemon juice just before serving



RECIPE 53 SALMON SALAD TROPICAL

Luncheon

Salmon Salad Tropical

Bran Muffins
Apple Pie
Beverage

1 cup sliced or diced ripe bananas (1 to 2 bananas)	½ cup diced celery
½ cup diced pineapple (canned or fresh)	2 tablespoons finely chopped pickles
1½ cups flaked salmon	1½ teaspoons salt
1 tablespoon mayonnaise	
1 tablespoon prepared mustard	

Use ripe bananas . . . yellow peel flecked with brown

Combine bananas and pineapple. Add salmon, celery, pickles and salt. Add mayonnaise and mustard. Mix lightly. Serve with crisp lettuce or other salad greens. Tuna fish can be substituted for salmon. Four to six servings.





RECIPE

54

**BANANA
PEANUT BUTTER
SANDWICH**

8 slices bread
Peanut butter

1 to 2 ripe bananas, peeled
Butter

Use ripe bananas . . . yellow peel flecked with brown

Spread 4 slices of bread with peanut butter. Slice bananas and place on peanut butter. Cover with slices of buttered bread. Four sandwiches.



RECIPE

55

**BANANA HAM
SANDWICH**

$\frac{3}{4}$ cup finely chopped
cooked ham
 $\frac{1}{4}$ cup diced celery
 $\frac{1}{4}$ teaspoon finely
chopped onion

$1\frac{1}{2}$ teaspoons prepared
mustard
1 ripe banana, peeled
8 slices bread
Butter

Use ripe banana . . . yellow peel flecked with brown

Mix together ham, celery, onion and mustard. Dice the banana and mix lightly with the ham mixture. Spread

4 slices of bread with ham mixture. Cover with slices of buttered bread. Four sandwiches.

RECIPE

56

**BANANA RAISIN
SANDWICH**

1 cup chopped raisins
1 teaspoon salt
Mayonnaise

8 slices bread
2 ripe bananas, peeled
Butter

Use ripe bananas . . . yellow peel flecked with brown

Mix together raisins and salt. Add enough mayonnaise to moisten. Spread 4 slices of bread with raisin

mixture. Slice bananas and place on mixture. Cover with slices of buttered bread. Four sandwiches.



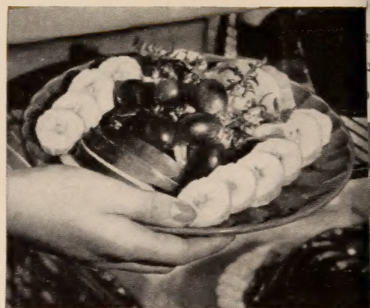
DON'T SKIP THESE "HOW-TO-DO-IT'S"



HOW TO BUY BANANAS—Buy bananas by the "hand" or cluster at the stage of ripeness you find them at the store. (They average about three bananas to a pound.)



HOW TO RIPEN BANANAS—Keep them in the fruit bowl at comfortable room temperature, not in the refrigerator. Cold temperatures prevent proper ripening.



HOW TO COOL BANANAS—Just before serving, salads or fruit cups containing bananas may be placed in the refrigerator to cool.



HOW TO SLICE BANANAS—Slice bananas crosswise with a sharp knife as directed in the recipe to slice them lengthwise or on the diagonal.



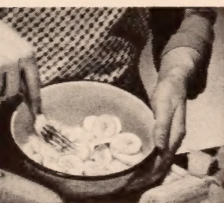
HOW TO FLUTE BANANAS—Run the prongs of a fork lengthwise down a peeled banana, then slice crosswise for dainty "crinkly-edged" rounds.



HOW TO KEEP sliced bananas from turning dark — Dip the slices into or sprinkle them with canned pineapple juice, fresh or canned grapefruit juice, orange or lemon juice.



How to MASH BANANAS



1—Slice bananas into a bowl. Then beat with a fork. Or . . .



2—Slice bananas into a bowl. Beat with a rotary egg beater. Or . . .



3—Break bananas into chunks. Beat with an electric mixer. Or . . .



4—For the baby, press fully ripe banana through a fine mesh strainer with a spoon.

To keep mashed bananas from turning dark, mash them just before using.



HOW TO OBTAIN perfect results—Use standard measuring cups and spoons and be sure to use level measurements. Follow recipe directions carefully.



HOW TO FRY bananas—For deep-fat frying or shallow frying, choose any of the fats or cooking oils which can be heated to frying temperature (375° F.) without smoking or burning. Do not overheat the fat.



HOW TO FREEZE banana desserts—To make banana frozen desserts and ice creams, use the ingredients and method in the recipes, then freeze with the indicator at the coldest setting or freeze according to the manufacturer's directions for your own refrigerator.

1 AVERAGE BANANA

Sliced or diced = $\frac{3}{4}$ cup (25-30 slices)
Mashed or whipped = $\frac{1}{3}$ to $\frac{1}{2}$ cup

1 POUND OF BANANAS

Unpeeled = about 3 bananas
Peeled = about $4\frac{1}{2}$ bananas
Sliced or diced = about $4\frac{1}{2}$ bananas (3 $\frac{1}{3}$ cups)
Mashed or whipped = about $4\frac{1}{2}$ bananas (2 cups)

1 CUP OF BANANAS

Sliced or diced = about $1\frac{1}{3}$ bananas
Mashed or whipped = about $2\frac{1}{4}$ bananas



BABIES THRIVE on sweet, ripe bananas, mashed or strained and fed with a spoon — one of the earliest solid foods fed the Dionne quintuplets.



CHILDREN LIKE bananas, too — and mothers know bananas provide vitamins, minerals, and the extra food energy that growing children need.



IN THE 'TEENS the right foods keep energy up to par, eyes bright, skin clear. There's quick food energy in ripe bananas, plus vitamins and minerals.



ATHLETES NEED both quick and prolonged food energy—they get both in the digestible fruit sugars in sweet ripe bananas—a training table favorite.



KEEP that slender figure — eat bananas. They're nourishing and satisfying and low in fat content. An average banana contains only 100 calories.



OLD FOLKS find sweet ripe bananas a pleasant, satisfying treat — easy to chew, easy to digest, low in protein, high in quick food energy.

How to find it...

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